



## Rides Supplement October 2010

### Camberwell Downhill Gourmet Bike Riders

#### 2010 Calendar

**17th October** Host - Jack Simpson

**21st November** Host - David & Geraldine Powell

**26th November** Annual Break-up Dinner – Riversdale Hotel - Hawthorn. - Convenor Elva

There isn't an organized ride in December as the third Sunday is too close to Christmas.  
Please telephone Elva Parker (9836 6392) if you can assist at all with any of the "TBA" rides.

### Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: [lexbishop@bikerider.com](mailto:lexbishop@bikerider.com)

### Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

#### Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

**Contacts:** Tony Landsell' email: [tony@diacher.com](mailto:tony@diacher.com) or Justin Murphy, email: [murphijj@au1.ibm.com](mailto:murphijj@au1.ibm.com)

## Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

## Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: [info@surreyhillsnc.org.au](mailto:info@surreyhillsnc.org.au) ; [www.surreyhillsnc.org.au](http://www.surreyhillsnc.org.au)

## Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

## Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

## Council on the Ageing (COTA) Cycling Group

### Seniors Bike rides in 2010

We ride 4 Wednesdays each month.

- The 1<sup>st</sup> and 3<sup>rd</sup> Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday rides are more challenging, (50- 70km).

- We generally meet at **10am**, unless time is specified, at the 'Place to meet' (see below). Please check train times the day before the ride. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

- Please contact **Janet Bennett** by e-mail [jfbpgb@bigpond.com](mailto:jfbpgb@bigpond.com) or on **9853 9808** to discuss details.

\* this is when Janet will be away and other riders will be leading. Check with Janet by e-mail only or ring the COTA office on 9654 4443. The leaders while Janet is away are as follows July 7th and July 21st Alan Brown, phone 9572 1472; July 14th Les Deady, phone 9459 2701; July 28th Ed Biggs, phone 9569 9386.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Oct 13 <sup>th</sup>	Southbank footbridge MEL 2F F7.	<i>Circuit out to Caroline Springs and return – via Docklands to Federation trail to Kororoit Creek trail, then Western Hwy trail and verge to Caroline Springs. Return via the Deer Park bypass to Federation trail and local roads to Newport and the bay trail ~ 70km.</i>	Easy
Oct 20 <sup>th</sup>	Southbank footbridge MEL 2F F7.	Short ride – Main Yarra trail to Banyule Hill and return from Heidelberg station.	Easy
Oct 27 <sup>th</sup>	Southern Cross railway station  Ballarat train 8.10am ~ arrive 9.35am	<i>Ballarat to Daylesford circuit – We will ride out to Daylesford via Creswick and we will return via Sailors Falls and Dean. Short well graded section of gravel through forest near SF~ 82km. There is the option of driving to Ballarat station instead of using the train.</i>	Hard
Nov 3 <sup>rd</sup>	Southbank footbridge MEL 2F F7.	Short ride – Ride to Poyntons Nursery on the Maribyrnong river trail and return.	Easy
Nov 10 <sup>th</sup>	Southbank footbridge MEL 2F F7.	<i>Woodlands Park ride – Moonee Ponds trail to the Historic Homestead and return to the Western Ring trail, around to the Maribyrnong trail and return to the city ~ 70km.</i>	Hard
Nov 17 <sup>th</sup>	Southbank footbridge MEL 2F F7.	Short ride – Ride to Anglers Arms on the Maribyrnong river trail and return, visiting the Museum on the trail.	Easy
Nov 24 <sup>th</sup>	Flinders St station MEL 2F G6. Pakenham line ~9.02am arrive 9.58am	<i>From Berwick station, ride to city. Ride Hallam bypass Trail, Endeavour Hills Trails and streets, Dandenong Ck Trail to Jells Park. Then Mt Waverley Railtrail, Gardiners Ck Trail to finish at St Kevins boathouse. ~50 km</i>	Medium
Dec 1 <sup>st</sup>	Flinders St station MEL 2F G6.	Short ride – to Ardeer by train and then return via the Western Ring trail, Federation trail and Docklands to the city.	Easy
Dec 8 <sup>th</sup>	Southern Cross railway station  Geelong train 9.15am ~ arrive 10.15am	<i>South Geelong to Queenscliff circuit - We will ride the Bellarine Rail trail to Queenscliff and return via Ocean Grove to the Rail trail. ~ 60km. There is the option of driving to South Geelong station instead of using the train.</i>	Medium
Dec 15 <sup>th</sup>	Southbank footbridge MEL 2F F7.	<b>Christmas ride with lunch at Botanic Gardens in the Observatory cafe – We will ride the Bay trail to the Elwood canal and return via back streets and Albert Lake park to the Botanic Gardens ~ 20km.</b>	Easy

## Whitehorse Cyclists Inc

Last updated 20 September 2010

Date	Destination	Description	Distance and grade	Leader Contact
Sun 10/10 9:15 am	Sunday Waterways Loop	Anniversary Tr, Koonung Ck Tr, Bushy Ck Tr, minor roads to (M)(B)Blackburn, Blackburn Lake, Gardiners Ck Tr, Back Ck Res, Anniversary Tr. Note: Early start.	42 E/M	Graham E 9836 0415 0413 767 925
Sun 10/10	Sunday Tahbilk	9:30 Shepparton service to Nagambie, (M)Nagambie Bakery, (L)Tahbilk Winery, Nagambie, 5:45 pm service	25 E	Darby O'T 9878 3589

9:15 am	Family Open Day	to Southern Cross arr 7:28 pm Social ride, no paths, posts or hills, incl 3km gravel road within winery. Bookings with Darby <b>essential</b> .		
Tue 12/10 9:30 am	Easy Tuesday South of the City	Port Melbourne, Bay St (M), Albert Park, Main Yarra Trail, Farren's Cycle Collection ♦ Richmond. Note: MUST BOOK by 11/10 with leader to visit the cycle collection (numbers limited).	28 E	Joyce H 9877 3216 0419 102 268
Tue 12/10 9.00am	Medium Tuesday	Hays Paddock (9.30am), Banyule, Rosanna, Watsonia, University Hill (M), Bundoora, Greensborough	45 M	Russell H 9841 7141 0400 178 194
Tue 12/10 9:30 am	Hard Tuesday Epping	Epping, McDonalds Rd, Yan Yean Rd, Ironbark Rd, Research, Warrandyte-Ringwood Rd, Eastlink Tr	75 M/H	Barry McC 9848 1154
Tue 12/10 7:45 pm	Annual General Meeting Corner Station & Combarton Sts			Mike W 9509 1290
Thu 14/10 9:30 am	Medium Thursday	Heidelberg. (M)(T)Mt Cooper, Mill Park, Metro Ring Rd, (L)(B)Greensborough, Heidelberg.	58 M	Russell H 9841 7141
Sun 17/10 9:30 am	Easy Sunday Diamonds R4FR	Yarra Tr, (T)(B)Eltham, (M)(B)(T)Diamond Cr Tr and return to Beasleys Nursery (F). Undulating	25 E	Keith M 9857 5805
Sun 17/10 9.30am	Sunday Malvern Meander	Mont Albert, Malvern, Hedgeley Dene Gdns, (M)Central Park, Ardrie Park, Gardiners Cr Tr.	40 E	Bruce E 9848 4804
Mon-Fri 18-22 Oct 2010	Northern Victoria	Five day ♦Hub and Spoke' ride in northern Victoria Gapstead/Bright/Beechworth/Lake Buffalo	187 E/M/M/M	David Y 9884 8037
Tue 19/10 9:30 am	Easy Tuesday Waverley Wander	Bike paths and quiet roads to (M) Mt Waverley. Gardiners Creek Trail. Gentle ups and downs.	30 E/M	Sandra B 9878 4179 0458 601 990
Tue 19/10 9.00am	Medium Tuesday Ceres Park	Koonung Ck and Yarra Trails, Kew, Fairfield, Merri Creek, Ceres (M), Brunswick	45 M	Greg C 9878 4297 0434 938 012
Tue 19/10 9:00 am	Hard Tuesday Berwick	Dandenong Creek Tr, Endeavour Hills Shopping Centre, Monash Freeway Path, (F)Berwick	100 M/H	John C 0438 566 977
Thur 21/10 9.30am	Easy Thursday Warby Trail	Warburton Rail Tr, (M)Launching Place, return	35 M	John B 9720 4663
Thu 21/10 9:30 am	Medium Thursday	Greensborough, Merri Creek, (M)Eltham, (L)Greensborough	55 M	Barry McC 9848 1154
Sun 24/10 9:30 am	Sunday One Traffic Light	Main Yarra Tr, Diamond Cr Tr, Eltham, Diamond Cr.	32 E	Gill B 9725 5310
Tue 26/10 9:30 am	Easy Tuesday	Blackburn North, Koonung & Mullum Mullum Cr Tr, (M)Croydon, Tarralla & Dandenong Cr Tr, Molan St, Eastlink Tr. Some hills.	35+ E/M	Graeme M 9878 1601 0408 903 127
Tue 26/10	Medium Tuesday	Koonung Trail, Darebin Ck trail, Preston Market area (M), St Georges Rd, Merri Ck trail, WingroveSt,	46 M	Loreto B 9808 1960

9.00am		Boulevard, Koonung Trail		0412 289 236
Tue 26/10 9:30 am	Hard Tuesday Wallan-Lilydale	9:50 V/Line service to Wallan, Whittlesea, Arthurs Creek Rd, Cottles Bridge, Pantom Hill, Yarra Glen, (F)Lilydale RS	58 M/H	Charles L 0431 592 874
Thu 28/10 9:30 am	Medium Thursday Southern Tour	(M)Burwood, Oakleigh, Monash, (L)Jells Park.	62 M	Peter L 9842 5193
Fri-Tue 29/10-2/11	Lakes and Craters	Three day ♦Hub and Spoke' ride based at Camperdown. Spectacular geography, heritage towns, traditional markets and a gourmet trail		Anna V 9830 4195
Sun 31/10 9.30am	Easy Sunday Halloween Hills	Green Valley, Mullum Mullum Cr, (T) Main Yarra Tr, (M)(T)Melissa's Café, Ruffey Lake (F). Seven Hills	32 E/M	Keith M 9857 5805

## Banyule Bicycle User Group—Rides Program

Rides start from Warringal Park (Melway ref 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.

**EasyRide:** with the “Latte” Group every **Tuesday and Friday 9:30am** – relaxed pace and informal, with break for coffee/snack/chat. **See program and other details at** <http://www.vicnet.net.au/~banylbug>.

**HarderRide:** every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

**NightRide:** Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

## Darebin BUG

### Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

### Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

## The Crosskeys Crusiers - Strathmore - Friday rides

The Crosskeys Crusiers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

## Melbourne Bicycle Touring Club

Ride and Club Night Programme

October

W/E 09-10 Oct	Melville Caves, bush camp	150km Medium	Glenn
Sat 09 Oct			
Sun 10 Oct	Family ride to Carlton Gardens	15km Easy	Paul
Mon 11 Oct	Lunch - Crossways Vegetarian Restaurant  Wholesome hearty sanctified(!) lunches. Upstairs at 123 Swanston St	Cheap & tasty	Norm
Thu 14 Oct	Highlights of Italy - the other bits Gail & Phil		
Fri 15 Oct	Loch Valley & Icy Creek	130km Hard	Claire
Wed 13 Oct	Tandems Only Day Ride - Southern Cross and Capital City Trail loop	35 km Easy	Tony
Sat 16 Oct	Olive oil & pasta ... shopping in Italian	40km Easy	Claire
Sun 17 Oct			
Thu 21 Oct	Club rides brainstorming - bring ideas and inspiration		Graeme
W/E 23-24 Oct	Mt Cole State Forest, car based	120km Medium	Pete S
Fri 22 Oct	Otways Ridge & Lorne Ice-cream (lots of gravel)	140km Hard	Claire
Sat 23 Oct	Drouin-Poowong Loop, train based	75km Med-Hard	Gail
Sun 24 Oct	Murrindindi MTB adventure	40km Medium	Tim
Weds 27 Oct	Hub Lunch @ The Age building	Calorific Terrific	Darren
Thu 28 Oct	No Club meeting		
W/E 30 Oct-02 Nov	Cup Weekend - Base Camp at Queenscliff	Various	John Hughes rides@mbtc.org.au
W/E 30 Oct-02 Nov	Bairnsdale Haunted Stream Explorer with MTB & bush camping	150km Med-Hard	Leon
W/E 30-31 Oct			
Sat 30 Oct			

Sun 31 Oct	Warragul Loop via Neerim South & Tarago Reservoir	55km Medium	Peter B
<b>November</b>			
Tue 02 Nov	Dandenong Ranges - MTB	40 km Med-Hard	Tony
Thu 04 Nov	Highlights of Europe - the other bits - Heather & Leon	More cycling in places unlike Oz	Claire
Sat 06 Nov	Marmalades in Yea, Tea Rooms in Yarck & Terip	100km Hard	Kerry
Sun 07 Nov	Retro city cruise; lycra free	35km Easy	Joe K
Thu 11 Nov	Cycling in Tasmania		Tim
W/E 13-14 Nov			
Sat 13 Nov	November Nosh (rsvp by Weds Nov 10th)	tba	Claire
Sat 13 Nov	Hughes Creek/Seymour	80km Medium	Di
Sun 14 Nov			
Thu 18 Nov	Trip Planning and Spoke Notes deadline! With social munchies afterwards.		John Hu
Sat 20 Nov	Woodend, Kyneton & Trentham with dirt	80km Med-Hard	Graeme
Sun 21 Nov	Yarram & Grand Ridge Road Loop	58km hard	Rob
Thu 25 Nov	Jim in America - New England		Graeme
W/E 27-28 Nov	Warragul to Leongatha & back	160km Med-Hard	Heather
Sat 27 Nov			
Sun 28 Nov	Yea Loop to Highlands via Killingworth Rd	70km Medium	Liz
<b>December</b>			
Thu 02 Dec	London Cycling		Kirsty
Early December	Bogong High Plains: Wangaratta - Falls Creek - Omeo -	Moderately Hard	John

	Bairnsdale		
W/E 04-05 Dec	Frankston to Wonthaggi & the Cowes Ferry	150km Medium	Peter B
Thu 09 Dec			
Sat Dec 11-Mon Dec 13	Tandems Only Week-end Ride - Warburton Rail Trail + Must book accomm	Easy-Med	Tony
Sat 11 Dec			
Wed 15 Dec	Mordialloc to Merricks General Store	90km Med-Hard	Rob
Thu 16 Dec	Christmas BBQ		Kirsty

***For information on the above rides, please contact the Touring Secretary, John Hughes 9807 1021, or at [rides@mbtc.org.au](mailto:rides@mbtc.org.au).***

**About the Ride Gradings** **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

## YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on [rides@yhacycling.org.au](mailto:rides@yhacycling.org.au) or mobile 0425-792 574, or Secretary Voula on [secretary@yhacycling.org.au](mailto:secretary@yhacycling.org.au); website: <http://yhacycling.org.au> R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social  
E = Easy / M = Medium / H = Hard / Soc = Social